



What is claimed is:

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A composition comprising:

a polyolefin prepared by the metathesis of an olefin monomer using a ruthenium or osmium carbene catalyst; and one or more toughness and/or hardness modulators.

- 2. The composition of claim 1 wherein the polyolefin is poly-DCPD.
- 3. The composition of claim 1 wherein the one or more toughness modulators comprises a silicone.
 - 4. The composition of claim 3 wherein the silicone is a polysiloxane.
- 5. The composition of claim 4 wherein the polysiloxane is a poly(dimethylsiloxane) or a poly(diphenylsiloxane).
 - 6. The composition of claim 2 wherein the one or more toughness modulators is present in an amount between about 0.1% and about 20% by weight of the olefin monomer.
 - 7. The composition of claim 6 wherein the one or more toughness modulators is present in an amount between about 0.5% and about 10% by weight of the olefin monomer.
 - 8. The composition of claim 7 wherein the one or more toughness modulators is present in an amount between about 1% and about 5% by weight of the olefin monomer.
 - 9. The composition of claim 1 wherein the one or more hardness modulators comprises polybutadiene or polyisoprene.
 - 10. The composition of claim 1 wherein the one or more hardness modulators is a plasticizer.
 - 11. The composition of claim 11 wherein the plasticizer is dioctyl phthalate.
 - 12. The composition of claim 1 wherein the one or more hardness modulators comprises a carboxylic acid or a salt thereof.

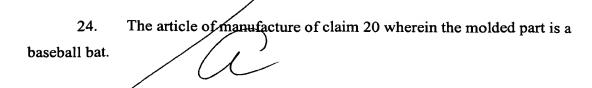
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- 13. The composition of claim 1 wherein the one or more hardness modulators comprises a co-monomer selected from the group consisting of norbornene, cyclooctadiene, cyclohexenylnorbornene, norbornadiene, cyclopentene and methylcyclopentene.
- 14. The composition of claim 2 wherein the one or more hardness modulators is present in an amount between about 0.1% and about 60% by weight of the olefin monomer.
- 15. The composition of claim 14 wherein the one or more hardness modulators is present in an amount between about 1% and about 20% by weight of the olefin monomer.
- 16. The composition of claim 15 wherein the one or more hardness modulators is present in an amount between about 2% and about 10% by weight of the olefin monomer.
- 77. The composition of claim 1 further comprising one or more density modulators.
 - 18. An article of manufacture comprising:
- a polyolefin prepared by the metathesis of an olefin monomer using a ruthenium or osmium carbene catalyst; and one or more toughness and/or hardness modulators.
- 19. The article of manufacture of claim 18 wherein the article is a molded part.
 - 20. The article of manufacture of claim 19 wherein the polyolefin is poly-DCPD.
- 21. The article of manufacture of claim 18 further comprising one or more density modulators.
 - 22. The article of manufacture of claim 20 wherein the molded part is a golf club head.
 - 23. The article of manufacture of claim 20 wherein the molded part is a golf club shaft.



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